



# Recommended Dental Hygiene Products

With so many products available, going to the dental aisle of any store can be very overwhelming. With continued learning on dental products, we've put together a guide to help you. This is a guide to the products we like. If you have any questions don't hesitate to call us - 303-975-6987

## Floss

This is the most important product. Use it Daily.  
 Wax floss is the best. Glide is comfortable.  
 Floss stick as good as well.  
 Waterpik doesn't replace floss but is good option.  
 Bottom Line, Floss!



## Toothbrush

### Manual

Make sure its **soft** and to brush gently for 2 minutes.  
 Make sure you like the handle and fit in your mouth.

### Electric

The **Oral B Smart Series 5000** has a small and rotating head that sweeps under the gum line and allows for reach in the back.  
 If you own a Sonicare, you are doing fine.



## Toothpaste

### Regular

Choose toothpaste with Fluoride in it. Like chlorine in a swimming pool, Fluoride is beneficial at certain levels. Whitening toothpaste works by "gently removing stains". There is no active whitener in toothpaste. Choose toothpaste in which you like the taste. If you get ulcers in your mouth try Burts Bees SLS free. SLS – Sodium Laurel Sulfate is a foaming agent in toothpaste which has been known to cause tissue irritations.



### Sensitive

Sensitive Toothpaste work great. Make sure they have potassium nitrate in them.



## Mouthwash

### Anti-microbial

#### Crest Prohealth

Closys (Available at Walgreens)  
 We avoid alcohol based.



### Fluoride

Fluoride Rinses help build and strengthen teeth.  
 Recommend them for daily use.

**ACT Anti-cavity** (Not restoring) and **Phosflur**

